



SANTA BARBARA COURT OF CHAMPIONS

JACK TRIGUEIRO | 2014 INDUCTEE



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- Was 240-90 in 14 seasons at Santa Barbara HS as Head Coach
- His Teams won 5 Channel Island League Titles-3 of his players went to the NBA
- His Teams were known for their discipline, well precisioned controlling offense, aggressive defense, very sound fundamentally and unselfish
- Many of his coaching techniques and methods have been published.

Coach Trigueiro's Philosophy:

The Contest is with Yourself (your toughest opponent)

1. The greatest obstacle is between you and your goal. You must conquer and control yourself.

2. Always focus on performing the BEST you can. Fear of winning or losing leads quickly to muscle tightness, excessive anxiety and poor concentration.
3. Strive to win the contest with yourself. Compete well and let the chips fall where they will.

Can you Answer Yes to these 3 after practicing or playing a game?

1. I gave my best effort (100%) every moment
2. My attitude was positive, healthy, and optimistic. I wasn't negative, I didn't get down.
3. I accept full responsibility for me today.

Formula For Success

SELF DISCIPLINE: is beginning.....doing what you have to do and making sacrifices to get the job done

SELF CONTROL: discipline leads to control. With discipline you control what you do, think and how you react

SELF CONFIDENCE: control leads to confidence...total belief in self comes only with control

SELF REALIZATION: being the best you can.....comes from confidence.....you believe and feel good about yourself and you open doors to your full potential